

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

Lucky leprechauns

Tuesday, March 17

10:00–11:00 a.m.

**2nd Floor Conference Room
Asa Bloomer Building, Rutland**



Did you know little leprechauns like to laugh and dance? Well, so do little lads and lassies. Bring your lads and lassies (children) to our St. Patrick's Day celebration and let them burn off that extra energy by dancing the Irish jig. Our fourth annual St. Paddy's Day celebration will include dancing, creating music with our musical instruments, and healthy green snacks that may be sampled. We will complete our activities with a calming story time.

For more information call Jill at 786-5111.

Understanding your baby's cues

3rd Wednesday every month

Noon–12:30 p.m.

**CHCRR Pediatrics
Rutland**

Having a baby is a very exciting time! Learning about baby behavior can help you understand your baby's needs. At this workshop you will learn about: communicating with your baby, recognizing baby cues (feeding and sleeping), and responding to baby cues.

For more information call Jill at 786-5111.

Baby shower

Tuesday, April 28

10:00–11:00 a.m.

**2nd Floor Conference Room
Asa Bloomer Building, Rutland**

The Breastfeeding Project of Rutland County and WIC Peer Counselors are throwing a baby shower for new mothers and mothers-to-be. The shower will include fun games with the chance to win a variety of gifts, delicious food, and a great opportunity to meet a solid support system to help you with breastfeeding when your little one is born. Look for your invitation in the mail from your Peer Counselor.

If you are expecting or have a new little one and want to come celebrate, call Jill at 786-5111.

Breastfeeding class

2nd Tuesday every month

6:00–8:00 p.m.

Rutland Regional Medical Center

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Make an Infant Feeding Plan and get confidence building tips on what to expect from your breastfed baby when you get home. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome too.

Call 747-3695 to register.

All activities are **FREE**
of charge!

